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I CLAIM:

1. A single strap ankle brace comprising a strap having a first and a second end,

wherein said single strap ankle brace is made of a flexible substantially inelastic web of fabric

an array of plastic hooks disposed at only one of said first and second ends of said strap,

an array of plastic loops for engaging said array of plastic hooks,

said array of plastic loops being spaced on a surface of said strap,

wherein said array of plastic hooks is separated and spaced apart on said strap from said array of plastic loops such that said array of plastic hooks and array of plastic loops may be pressed together when said strap is wrapped about the ankle and foot in a figure eight configuration which exposes said array of plastic loops, and

*comprises a beginning end positioned wherein said figure eight configuration begins at the inside of the ankle, crosses over the medial arch, loops below the foot in front of the heel, crosses over itself above the medial arch, and loops around the back of the ankle and fastens to itself at said beginning end of said figure eight configuration at the inside of the ankle.*

2.. The single strap ankle brace of claim 1 wherein said array of plastic hooks and said array of plastic loops are disposed on opposite sides of said strap.

3. The single strap ankle brace of claim 1 made of constant width fabric.

4. The single strap ankle brace of claim 1 made of non-adhesive material

5. A method for bracing an ankle and associated foot which comprises:

(i) providing the single strap ankle brace of claim 1;

(ii) wrapping said single strap ankle brace around the ankle and associated foot in a figure eight configuration,

wherein said wrapping comprises:

(a) positioning said end of said strap on which no array of plastic hooks is disposed;

(b) then passing a length of said strap at least once around the foot passing under the foot in front of the heel to provide one loop of said figure eight configuration then passing across a section of said strap above the foot and then around the back of the ankle to provide the other loop of said figure eight configuration,

wherein said wrapping exposes said array of plastic loops, and

wherein said wrapping provides a free end of said strap upon which an array of plastic hooks is disposed; and

(iii) pressing said array of plastic loops exposed by said wrapping together with said array of plastic hooks on said free end of said strap.

6. A method for bracing an ankle and associated foot which comprises:

(i) providing the single strap ankle brace of claim 1;

(ii) wrapping said single strap ankle brace around the ankle and associated foot in a figure eight configuration,

wherein said figure eight configuration begins at the inside of the ankle, crosses over the medial arch, loops below the foot in front of the heel, crosses over itself above the medial arch, and loops around the back of the ankle and fastens to itself at said beginning end of said figure eight configuration at the inside of the ankle.

7. A single strap ankle brace comprising a strap having a first and a second end,

wherein said single strap ankle brace is made of a flexible substantially inelastic web of fabric,

an array of plastic hooks disposed at only said first end of said strap,

an array of plastic loops for engaging said array of plastic hooks,

said array of plastic loops being spaced on a surface of said strap,

wherein said array of plastic hooks is separated and spaced apart on said strap from said array of plastic loops such that said array of plastic hooks and array of plastic loops may be pressed together when said strap is wrapped about the ankle and foot in a figure eight configuration which exposes said array of plastic loops, and

wherein said figure eight configuration begins at the inside of the ankle, crosses over the medial arch, loops below the foot in front of the heel, crosses over itself above the medial arch, and loops around the back of the ankle and fastens to itself at said beginning end of said figure eight configuration at the inside of the ankle.

8. The single strap ankle brace of claim 7 wherein said array of plastic hooks and said array of plastic loops are disposed on opposite sides of said strap.

9. The single strap ankle brace of claim 7 made of constant width fabric.

10. The single strap ankle brace of claim 7 made of non-adhesive material.

11. A method for bracing an ankle and associated foot which comprises:

(i) providing the single strap ankle brace of claim 7;

(ii) wrapping said single strap ankle brace around the ankle and associated foot in a figure eight configuration;

wherein said wrapping comprises:

(a) positioning on the inside of the ankle said end of said strap on which no array of plastic hooks is disposed;

(b) then passing a length of said strap at least once around the foot passing under the foot in front of the heel to provide one loop of said

figure eight configuration then passing across a section of said strap above the foot and then around the back of the ankle to provide the other loop of said figure eight configuration,

wherein said wrapping exposes said array of plastic loops, and

wherein said wrapping provides a free end of said strap upon which an array of plastic hooks is disposed; and

(iii) pressing said array of plastic loops exposed by said wrapping together with said array of plastic hooks on said free end of said strap.

12. A method for bracing an ankle and associated foot which comprises:

(i) providing the single strap ankle brace of claim 7;

(ii) wrapping said single strap ankle brace at least once around the ankle and associated foot in a figure eight configuration,

*comprises a beginning end positioned wherein said figure eight configuration-begins at the inside of the ankle, crosses over the medial arch, loops below the foot in front of the heel, crosses over itself above the medial arch, and loops around the back of the ankle and fastens to itself at said beginning end of said figure eight configuration at the inside of the ankle.*